



GOT SUGAR?

**Help control your diabetes
with FREE classes**

Coming Soon! Call to pre-register!

Where? Brewton Department of Public Health
1115 Azalea Pl # A, Brewton, AL 36426

Who? Adults with diabetes or pre-diabetes,
family members, and caregivers

What? Free diabetes education classes

Find out about:

- Diabetes and its risks
- Healthy eating and exercise
- Talking with your health care team



***Pre-registration is required. To register for diabetes
classes or for more information contact:***

Jessica Fountain RN, BSN, CDE
205-233-1613
nursejlfountain@yahoo.com

Alethea Hill
251-455-4099
amhill222@gmail.com